



5K

THUNDERBIRD RUN TRAINING PROGRAM WITH COACHES SARAH AND RON GUZINSKI

Whether you're lacing up your sneakers for the first time or looking to improve your 5k time, we've got a spot for you!

Our Goal: Help YOU cross the finish line of the Thunderbird Run on Sunday, November 22nd!



SATURDAYS 8:30AM – 9:30AM

BEGINNING ► **SATURDAY, SEPT. 26, 2026**



Location: Mahwah High School
50 Ridge Road

- Weekly in person coaching
- Personalized 5k maintenance plan
- Motivation, fun and a supportive community



REGISTER HERE

The 8- Week Program begins on Sept. 26th at 8:30 AM
The early bird fee is \$80 per participant, increasing to \$90 on Oct. 1st
(includes 5k registration and t shirt)

For specific information or questions please contact
themahwahschoolsfoundation@gmail.com

